



City of Alexandria, VA

City Hall, 301 King St. Room 3500, Alexandria, VA 22314

eNews

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For More Information, Contact:

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City's Charles Houston Recreation Center Provides Early Morning Fitness & Recreation Opportunities

The City of Alexandria Department of Recreation Parks and Cultural Activities provides early morning fitness and recreation opportunities, Monday through Friday, from 6 a.m. to 9 a.m. at the Charles Houston Recreation Center, 901 Wythe St. Participants have access to the center's fitness room, game room, gymnasium and computer lab. Single and multi visit admission passes are available for purchase as follows:

- Daily Visit Admission: \$3/resident and \$5/nonresident
- 25-visit Pass: \$50/resident and \$100/nonresident
- 1-month Pass: \$30/resident and \$45/nonresident

Looking for an effective workout for people of every age and fitness level, the center offers Jazzercise on Tuesday and Thursday at 6 a.m. Jazzercise combines elements of jazz dance, resistance training, Pilates, yoga, kickboxing, and more. Registration per eight week session is \$99. For additional information, call Debbie Lynch at 703.491.6583 or visit www.jazzercise.com.

For additional information on programs and services available at the Charles Houston Recreation Center, visit www.alexandriava.gov/recreation, or call Sheila Whiting, Center Director, at 703.746.5552 or e-mail sheila.whiting@alexandriava.gov.

The City of Alexandria is committed to compliance with the City's Human Rights Code and the Americans with Disabilities Act. To request a reasonable accommodation or to request materials in an alternative format, call Sheila Whiting, Center Director, at 703.746.5552 or by email at sheila.whiting@alexandriava.gov.